What is claimed is:

- A metal spring plate comprising :

 an arc shaped structure being formed on cross-section of the metal spring plate, wherein two opposite edges of a peripheral rim are cut

 straight forming ventilation slits at a bottom of straight edges thereof.
 - 2. The metal spring plate as recited in claim 1, wherein a protrusion being formed atop a center of the metal spring plate.
- 3. The structure of metal spring plate as recited in claim 1, wherein an indentation being formed atop a center of the metal spring plate.